

Whole Grain Rich Macaroni and Cheese

SERVING SIZE: 1 Cup

YEILD: 11 SERVINGS

MEAL PATTERN CONTRIBUTION: 1.25 oz eq grain 2 oz eq m/ma

Ingredients and Instructions

Whole wheat Macaroni (or pasta of your choice)	1 Pound
Butter	½ Cup
Flour, all-purpose	½ Cup
Salt	1 tsp
Pepper, black	½ tsp
Milk	4 Cups
Cheddar Cheese, grated	1 Pound ½ ounce

1. Cook pasta per instructions, set aside.
2. Melt butter in a saucepan over medium heat; stir in flour, salt, and pepper until smooth, about 5 minutes. Slowly pour milk into butter-flour mixture while continuously stirring until mixture is smooth and bubbling, about 5 minutes. Add cheese to milk mixture and stir until cheese is melted.
3. Fold pasta into cheese sauce until coated.
4. Serve and watch the kids enjoy!

*****If following the NSLP meal pattern this recipe provides ½ cup dark green veg and ¼ cup red orange***